

Distracting with Wise Mind ACCEPTS

Due Date: _____ Name: _____ Week Starting: _____

For each ACCEPTS skill, write down what you did during the week, and write down a number to indicate how effective the skill was in helping you tolerate the distress and cope with the situation (keeping you from doing something to make the situation worse). Use the following scale:

I still couldn't stand the situation, even for one more minute.

1

2

I was able to cope somewhat, at least for a little while. It helped somewhat.

3

4

I could use skills, tolerated distress, and resisted problem urges.

5

Day: _____ **ACTIVITIES** _____ Effectiveness: _____
_____/_____ Effectiveness: _____
_____/_____ Effectiveness: _____

Day: _____ **CONTRIBUTIONS** _____ Effectiveness: _____
_____/_____ Effectiveness: _____
_____/_____ Effectiveness: _____

Day: _____ **COMPARISONS** _____ Effectiveness: _____
_____/_____ Effectiveness: _____
_____/_____ Effectiveness: _____

Day: _____ **EMOTIONS** _____ Effectiveness: _____
_____/_____ Effectiveness: _____
_____/_____ Effectiveness: _____

Day: _____ **PUSHING AWAY** _____ Effectiveness: _____
_____/_____ Effectiveness: _____
_____/_____ Effectiveness: _____

Day: _____ **THOUGHTS** _____ Effectiveness: _____
_____/_____ Effectiveness: _____
_____/_____ Effectiveness: _____

Day: _____ **SENSATIONS** _____ Effectiveness: _____
_____/_____ Effectiveness: _____
_____/_____ Effectiveness: _____

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